

Orange and Honey Glazed Pork Chops

Makes: 4 Servings

Broil your chops, instead of pan-frying to reduce fat and calorie. Add zest with the orange juice called for in this recipe.

Ingredients

4 Boneless Pork Chops
1/4 cup honey
1/3 cup orange juice
1 tablespoon parsley flakes
1 tablespoon garlic pepper seasoning

Directions

1. Sprinkle all sides of chops with garlic pepper seasoning.
2. Broil, 5 to 6 inches from heat, for 6 to 7 minutes per side until internal temperature reaches 150 degrees Fahrenheit.
3. Combine orange juice and honey; brush on pork chop surface; broil 1 minute. Turn and repeat with other side. Sprinkle with parsley before serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	265	
Total Fat	11 g	
Protein	23 g	
Carbohydrates	20 g	
Dietary Fiber	0 g	
Saturated Fat	4 g	
Sodium	58 mg	